

Seizhah Ga Foeg Gwn Dangduhnding

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Hozbwz Swngj Cunghyihyen Siuhva Neigoh Yez Sungh gyausou gaisau naeuz, duhnding singq bingz、feih vansoemj, ndaej cangq beizheiq leih raemx、siu ndat cawz caep、siu foeg gejdooeg. Yienhdaih yihyoz yenzgiu hix byaujmingz, duhnding ndat noix, hamz veizswnghsu E、gyaz、meij、linz、sinh、sih daengj vuedsingq cwngzfwn lai, dwg gijgwn hamz gyaz lai haenx, ndaej gyangq hezdangz、

hezyaz、hezciij, doiq yw saej humz、baenzsiq、baezfoeg yaugoj haemq ndei. Seizhah ndang vunz yungzheih baenz foegraemx, gwn dangduhnding ndaej siu foeg. Boux baenz foegraemx itbuen nyouh noix, danghnaeuz ngamq baenz foegraemx seiz baek duhnding gwn, ngoenz daihngeih foeg couh siu bae, lienz gwn 6 daengz 7 ngoenz couh ndeidingh. Bouxlaux seizhah din ga baenz foegraemx, ndaej aeu duhnding

ngauez cuk gwn. Yez gyausou naeuz, seizhah vunz amqbak mbouj ndei caeuq baenz dungxraeng, cingqciengz sup haeuj yingzyangj doxgaiq couh noix, aenndang daise luenhyab, caemhcai q yinxhwnj aenndang noix yingzyangj roxnaeuz baenz cungj bingh wnq. Ndigah, cawz haeujsim bouj yingz– yangj le, lij aeu lai gwn di gijgwn cing ndat、leih caep he dem. Duhnding dwg

huqndei cawz caep, aeu nyaq duh– nding caeuq naeng makdoengj cawj gwn, roxnaeuz aeu duhnding caeuq haeuxlidlu baek dangz gwn, hix ndaej leih caep. Aeu lwglimz caeuq haijdai caez cawj gwn, ndaej gajndeih haexgaz; boiqhab daeuhfouh caeuq mbaw gosijsu gwn, ndaej coicaenh dungxsaej cingqciengz yinhsoengq, coi lwed lae baedauq, caemh ndaej byom ndang. Yez gyausou daegbied daezsingj naeuz, cawj duhnding seiz, ceiq ndei aeu dangzndaem caeuq dangznding daeuj daiqlawh begdangz dwk roengz, hoeng boux ndang byom caeuq boux nyouh lai mbouj hab gwn lai.



Seizhah Geih Lanh Yungh Vwnzyangh

夏季忌滥用蚊香

Seizhah mbwn ndat、dumzmbaeq, nyungz gig lai, hoeng gaej lanh yungh vwnzyangh bw. Cujyau yenzynh dwg baenzneix:

Dangqnaj, vwnzyangh guek raeuz daihgaiq ndaej faen baenz sam loih: Bujdungh vwnzyangh、fouz hoenz vwnzyangh、denyez gihvwnzben. Cujyau yenzliuh dwg aeu gizcij cawz nyungz caeuq cunghcaujyoz wnq daeuj guh. Gij cabied sam loih vwnzyangh neix cujyau dwg dem bouj liuh cungiloih caeuq soqliengh. Couhcinj gij vwnzyangh habgek, baez diemj hwnjdaeuj hix rox cauhbaenz vanzging ndaw rug uqlah. Gij vwnzyangh cocauq lanh guh haenx baez diemj dawz, huq uqlah ndaw rug ndaej demgya daengz nyuenzlaiz 90 lai boix, bwnjbingbij miz baenz aiz cozyung haenx hamzliengh ndaej demgya daengz nyuenzlaiz 130 lai boix. Denyez gihvwnzben aenvih mbouj coemh dawz, canjseng bwnjbingbij gig noix, ca mbouj lai niemh mbouj okdaeuj.

Goek bingh binghcienzlah conghsaej, dwg gij haex caeuq daih– liengh sigin vunzbingh caeuq goekbingh rueg ok haenx. Daj ndaw ndang baiz okdaeuj le, danghnaeuz mbouj haeujsim siudoeg cawqleix, couh rox uqlah seiqhenz vanzging caeuq goekraemx、gijgwn daengj. Binghcienzlah conghsaej cienz– boq fuengsik dwg ginggvaq raemx、gijgwn、bungqdeng、nonnengz daengj daeuj cienzboq. Linzcangz yiengh– siengq cujyau miz rubmyaiz、rueg ok、dungxin、dungxsiq、mbouj ngah gwn doxgaiq, mbangj lij buenx miz fatndat、gyaeujin caeuq daengx ndang dengdoeg daengj yienghsiengq. Ciengz raen bingh– cienzlah conghsaej miz gyazhingz

Baenzlawz Binghcienzlah Conghsaej

肠道传染病如何预防

binghdoegsingq ganhyenz, lwgnyez 15 bi dauqlaj yungzheih ndaej bingh, itbuen binghcingz haemq mbaeu, bingzyaenz geizgaenzgaeq dwg 30 ngoenz. Ganjyenj le caeuxgeiz rengz naiq、mbouj ngah gwn doxgaiq、rubmyaiz、mbwq youznywnx、duenh aek baihgvas aendaep inyebyeb, daih– iek gvaq aen singhgiz ndeu le, mizmbangj vunzbingh saek nyouh

Fuengceih

预防

lumj raemxcas nei, lwgda hau、naengnoh henj. Raen miz cungj cingzgvang neix seiz, wng gibseiz bae yihyen genjcaz aeu yw. Si’ginsing dungxsiq dwg cungj bingh gipsingq binghcienzlah conghsaej ciengzraen youz cihosw licizganjgin yinxhwnj ndeu, linzcangz biujyienh cujyau dwg fatndat、dungxin、dungxsiq daengj. Si’ginsing gijgwn dengdoeg dwg gwn

le gijgwn deng sigin uqlah yinxhwnj baenz gipsingq binghcienzlah conghsaej, moix bi seizhah dwg si’ginsing gijgwn dengdoeg geiz ceiq hoengh. Dingzlai dwg youq sizdangz hagdangz、fanden daengj giz cizcungh gwn haeux haenx fatseng, fatbingh seizgan haemq cizcungh. Yawhfuengz binghcienzlah conghsaej gvanhgen dwg guh ndei “sam guenj it mied” (guenjleix ndei gwnndoet veiswngh、gwn raemx veiswngh、haexnyouh veiswngh caeuq mied nengz), gaem ndei aen gvan bingh daj bak haeuj. Youq guh ndei seiqhenz veiswngh、ndawranz veiswngh caeuq bouxvunz veiswngh doengzseiz, lij aeu haeujsim gwnndoet veiswngh dem.

Makyungz Nohvaiz Bouj Lwed Raeuj Dungx

番茄牛肉 补血暖胃

Gwn di nohvaiz he ndaej daezsang rengz dingj bingh aen– ndang, caemh ndaej raeuj dungx dem. Makyungz ndaej fuengz aiz, song yiengh de doxgap cawj gwn ndaej bouj lwed. Nohvaiz hamz diet lai, bungz daengz makyungz le, gij diet ndaw nohvaiz engq yungzheih deng ndang vunz supsou leihyungh, mizyauq dwk yawhfuengz ndang

vunz aenvih noix diet baenz lwed– haw. Mwh aeuq nohvaiz seiz, dwk di makyungz he roengzbae, ndaej hawj nohvaiz naemz vaiq, engq hab bak bouxcongnyenz caeuq bouxlaux gwn. Fap dwk makyungz aeuq noh– vaiz: 1、swiq nohvaiz seuq ronq baenz gaiq le dwk roengz raemxsaw bae cimq, gvet gij sailwed bae;

2、Dwk raemx roengz rek hai feiz cawj goenj; 3、Dwk diuzliuh、vaceu、gveiq– beiz、byaekhom caeuq noh caez roengz rek, caiq dwk coeng、hing gep、ciengqyouz、gihcingh、laeuj; 4、Dwk makyungz gaenq cau j ndei roengz caez aeuq naemz, yaek daek hwnj seiz dwk di gyu he couh ndaej gwn.

Gij Seizgan Ceiq Ndei Bouj Yingz– yangj Mehdaiqndang Mehsenglwg

孕产妇补充营养的最佳时间

Daj daiqndang daengz doek– seng caeuq daengx aen geiz gueng cij, ndang daxmeh aeu ginglig ithaehlied sengleix bienqvaq. Youq aen geizgan neix, ndang daxmeh mboujdanh aeu bouj yingzyangj hawj bonjndang, lij aeu bouj yingzyangj hawj lwgndawdungx dem. Ndigah, gij yingzyangj meh– daiqndang caeuq mehsenglwg mboujdanh gvendaengz bonjndang gengangh, lij gvendaengz lwgnding gengangh fazyuz caeuq majhung dem. Gij yingzyangj youq geiz daiqndang mizgven haenx dwg: Ndaw ndang mehdaiqndang aeu moq lawh gaeuq caeuq gak aen gi’gvanh hidungj goengnaengz

bienqvaq gig daih, lumj giekdae j lawh gaeuq demgiengz、conghsaej noddooengh doekdaemq、raemx– siuvaq iemqok noix daengj, cungj iugouz youq yingzyangj fuengmienh bae guh diuzcwnj cij ndaej. Daiqndang baen guh sam aen cujyau seizgeiz: Daiqndang caeux– geiz(1 daengz 3 ndwen), lwgndaw– dungx sengmaj fazyuz gig vaiq, haindu j sengbaenz bwtdaep lo, danhseih ndangnaek moix ngoenz ngamq demgya gwz ndeu, doiq yingzyangj iugouz cizlieng sang danhseih liengh noix, seizhaenx mehdaiqndang caeuq vunz bingz– ciengz doxgaenh roxnaeuz loq lai di. Daiqndang geizgyang(4 daengz 6 ndwen), lwgndawdungx ndang–

naek dem naek vaiq, bingzyaenz moix ngoenz demgya 10 gwz, doiq ndat caeuq gak cungj yingzyangj doxgaiq iugouz demlai. Daiqndang geizlaeng(7 daengz 9 ndwen), lwgndawdungx ndang– naek demgya vaiqriengj, daegbied dwg daiqndang ndaej 32 daengz 38 hop seiz ceiq mingzyienj, ndang daxmeh aeu ngeihvaih rom bwh yingzyangj daeuj louz hawj mwh senglwg caeuq gueng cij lwgnding.

